

# The 4 Pillars of Introvert Well-Being



AFTER YEARS OF THINKING ABOUT IT—and experiencing it—I now finally know what’s happening to me when I’m feeling my absolute worst: when I’m exhausted, crabby, impatient, biting sarcasm, frustrated, overwhelmed .... you get the idea.

Broadly speaking, it boils down to four internal struggles, each of which can be potent on its own or, far worse, can aid and abet the others in cruel but not so unusual punishment.

When I’m at my worst:

- I’m not getting enough time to—and for—myself.
- I have no time to think.
- I’m being pulled in way too many directions at once.
- I’m involved in too many surface-level, trivial activities—and too few significant ones.

Thankfully, knowing these symptoms about myself points directly to my cure for “worsitis.” It’s a simple model I call *The 4 Pillars of Introvert Well-Being*.

To be my psychological, emotional, spiritual, and even physical best, here’s what I need in my life—in order of priority:

- *Solitude*—Quiet time alone each day to decompress from the day’s activities and then recharge my mental and emotional batteries.

- *Reflection*—The chance each day to carefully and thoroughly think about what I’m doing, what I’m going to be doing, and what I’ve already done.
- *Focus*—The opportunity to home in on one person, one activity, one responsibility, one set of deadlines and pressures at a time.
- *Depth*—True substance in my daily conversations, interactions, and activities.

These four “pillars” hold up the “roof” that is my well-being as an introvert, like this:



If I don’t tend to these critical needs each day, I’m at real risk of losing my balance or even collapsing. That’s what’s already happened when I’m at my worst—and so I need to rebuild my pillars to restrengthen myself, and thus become stable and secure once again.